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disposed in the at least one groove that is in direct sliding contact with the sleeve so as to slow the response of the movement of the armature along the axis in the first and second directions when the electromagnetic coil is energized.

Please add new claims 36-39 as follow:

36. (New) The apparatus according to claim 1, wherein the at least one groove comprises at least one groove extending along the longitudinal axis.

37. (New) The method according to claim 21, wherein the providing further comprises locating the at least one groove along the longitudinal axis.

38. (New) The apparatus according to claim 10, wherein a length of the spring member is greater than a length of the groove along the axis.

39. (New) The apparatus according to claim 28, wherein the ball bearing further comprises two ball bearings disposed at least partially in a through-opening of the armature and extending transversely to the axis, the two ball bearings being biased apart by a spring member disposed within the through-opening between the two ball bearings so that each of the ball bearings engages the sleeve radially with respect to the axis.
